

2nd Annual Trail Mix 5K Race



Date & Time:

Saturday, June 4, 2011 Race Start is 8 am

Location & Course:

Bur-Mil Park
5834 Bur-Mil Club Road
Greensboro, NC 27410

The race begins at the bottom of Bur-Mil Club Road just below the last parking lot in the grass. Parking will be available throughout the park but arrive early to get closest spots. The race will take place partly on the A&Y Greenway (paved) and partly on the Big Loop trail (natural surface).

Registration Fee:

The race is **\$15**. Running socks are guaranteed to the first 50 registrants.

Race Packet Pick-Up:

Race Day at 7-7:45 am in Bur-Mil Park at shelter #7

More Info:

Phone: (336) 373-3816

Email: GSOTrails@greensboro-nc.gov

Website: www.greensborotrails.org

Event Co-Sponsor:



Mail Registration & Fee:

Greensboro Trails
5834 Bur-Mil Club Rd
Greensboro, NC 27410

(Checks can be made payable to the Friends of Greensboro Parks & Recreation Foundation with 'Trail Mix 5K' in the memo)

Name:

First M. Last

Birth date: Sex: Age on Race Day:

Address:

City: State: Zip:

Email:

Emergency Contact Name & Number:

T-Shirt Size (S, M, L, XL, XXL):

Waiver: I know that running a trail race is a potentially hazardous activity and I am participating at my own risk. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this race, including but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, and the condition of the trail; all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry I for myself and anyone whom I am entitled to act, waive, release and will hold harmless the City of Greensboro and Janes on the Run, its affiliates, all other sponsors, and the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I understand that headphones, baby joggers or strollers, roller skates and dogs are not allowed in this race. I also expressly grant to the City of Greensboro and assign the right to photograph myself and use my picture, silhouette and other reproductions of my physical likeness, for the exclusive use by the City on the official web site or in City initiated printed publications. I acknowledge that I will receive no compensation for such use by the City.
Signature of Entrant or Parent/Guardian (for anyone under age of 18):

Date:

